

What you need to know about

# Heart disease and adult vaccines



## Learn how vaccines can keep you healthy

Each year thousands of adults in the United States get sick from diseases that could be prevented by vaccines — some people are hospitalized, and some even die.

People with heart disease and those who have suffered stroke are at higher risk for serious problems from certain diseases. Getting vaccinated is an important step in staying healthy. **If you have cardiovascular disease, talk with your doctor about making sure your vaccinations up-to-date.**

Getting vaccinated is an important step in staying healthy!

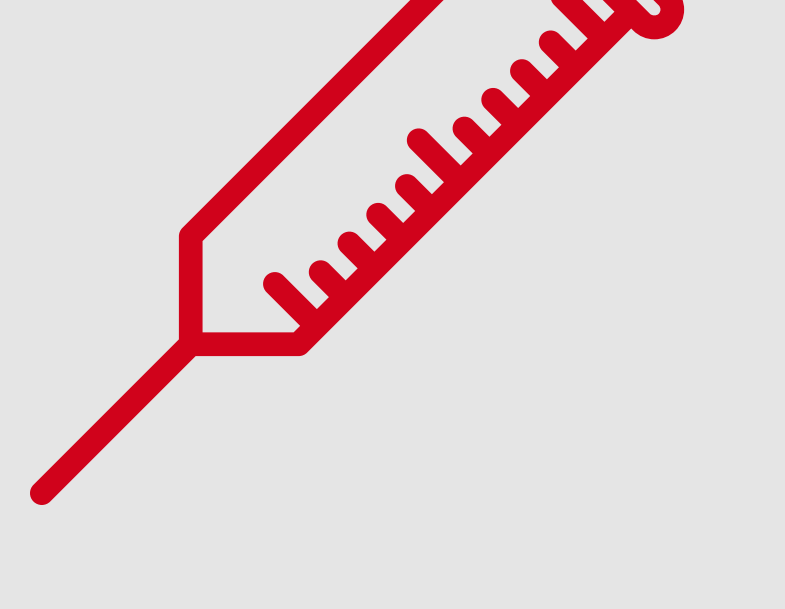
## Did you know?



Heart disease can make it harder to fight off certain diseases or make it more likely that a person will have serious complications from certain diseases.



Those with heart disease are at 6 times increased risk of heart attack within 7 days of flu infection.



Annual flu vaccination reduces risk for cardiovascular events by up to 53% for individuals who had a heart attack in the last year and by up to 36% for individuals with pre-existing heart disease.

## What vaccines are recommended for adults with heart disease?



### Flu vaccine

#### New Jersey Stat

During the 2019-2020 flu season, only 46% of adults ages 18-64 years who are considered at increased risk received a flu vaccine.

### The flu is a contagious (easily spread) respiratory disease caused by the influenza virus.

- Being sick with flu could lead to bronchitis, pneumonia, and long hospital stays.
- Annual flu vaccination reduces risk for cardiovascular events by up to 53% for individuals who had a heart attack in the last year and by up to 36% for individuals with preexisting heart disease.
- Get your flu vaccine each year to protect your health.



### Pneumococcal Vaccine

#### New Jersey Stat

In 2018, only 25.9% of adults ages 18-64 years who are considered at increased risk had reported receiving a pneumococcal vaccine.

### Pneumococcal disease is a bacterial disease that could lead to serious infections of the lungs, blood, and spinal cord.

- There are two types of pneumococcal vaccines: PPSV23 and PCV13.
- People with chronic heart disease who are younger than 64 years should receive a dose of PPSV23 now if not previously vaccinated.
- Another dose of PPSV23 is due at age 65 and at least 5 years since the first dose.
- People 65 and older may choose to receive PCV13 after discussing it with their doctor.



### Tdap/Td Vaccine

### The Tdap vaccine protects against three serious bacterial diseases: tetanus, diphtheria, and pertussis. The Td vaccine protects against tetanus and diphtheria.

- Tetanus causes painful muscle tightening and stiffness. It kills about 1 out of 10 people who are infected, even after receiving medical care.
- Diphtheria causes a thick coating to form in the back of the throat and can lead to breathing problems, heart failure, paralysis, and death. Diphtheria can cause damage to the heart muscle (myocarditis).
- Pertussis (whooping cough) causes severe coughing spells, which can cause difficulty breathing, vomiting, and disturbed sleep.
- One dose of Tdap is recommended for adults, then a Td or Tdap every 10 years.
- Pregnant women should receive a Tdap vaccine each pregnancy (preferably during the early part of gestational weeks 27-36) to protect their baby.



### Shingles Vaccine

### Shingles (zoster) vaccine helps protect against shingles, which is a painful rash caused by the same virus that causes chickenpox.

- If you had chickenpox, you are at risk for developing shingles.
- Shingles on the face can affect the eye and cause vision loss.
- About 1 in 10 people will develop nerve pain that can last for months or years after the rash has gone away.
- Shingles may increase your risk of stroke and heart attack.
- There are two vaccines to protect against shingles, Zostavax (given at age 60 and older) and Shingrix (ages 50 and older). Shingrix is the vaccine preferred by the Centers for Disease Control and Prevention (CDC).



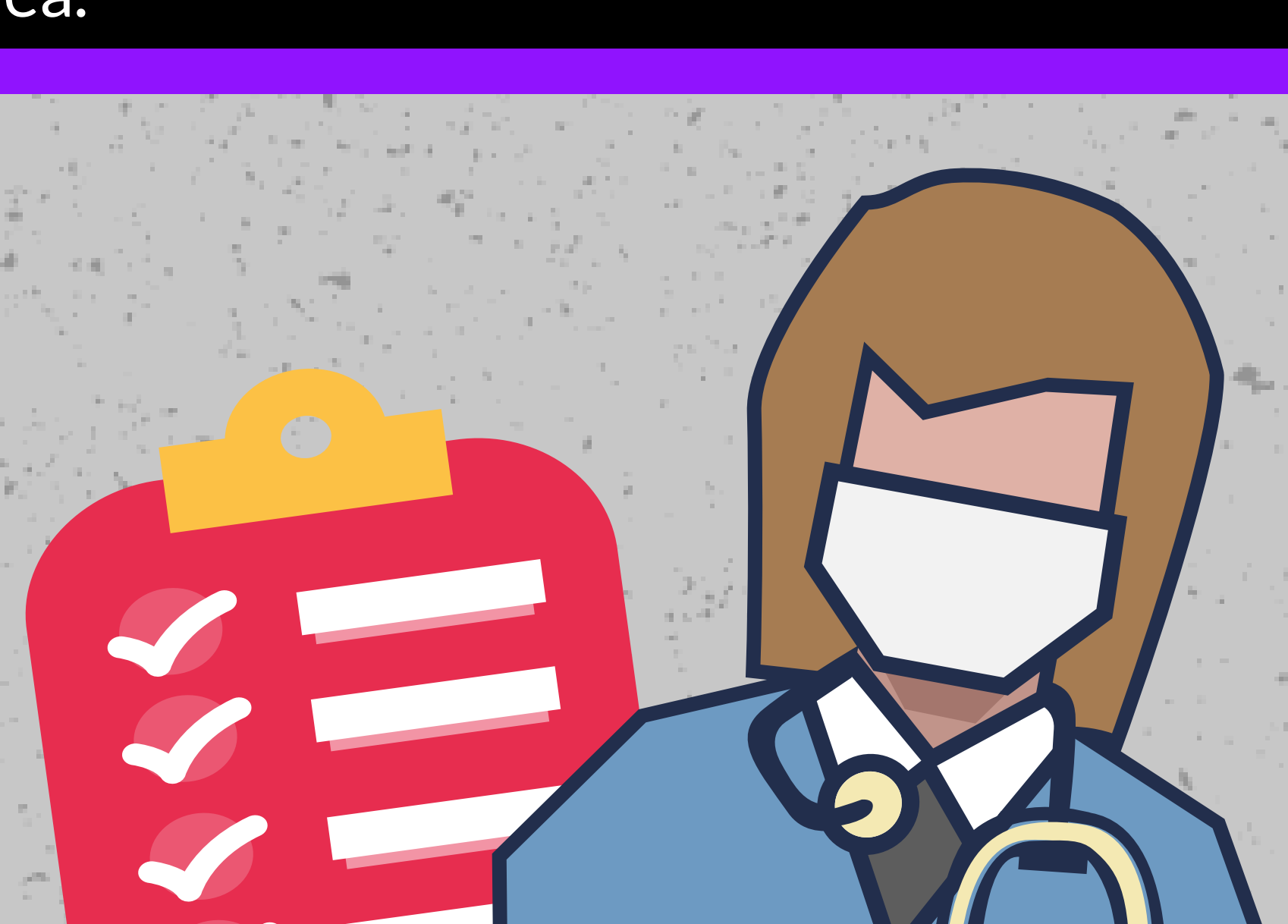
### HPV Vaccine

### The HPV vaccine helps to protect against human papillomavirus, a common virus that can lead to six types of cancers later in life.

- This vaccine series is recommended at 11-12 years, but can be given through age 26 years.
- Adults age 27 through 45 years may also be vaccinated against HPV after discussing with their healthcare provider.
- The vaccine is given as either a 2 or 3-dose series, depending on the age at which you get the first dose. Make sure you have received all recommended doses!

#### Wondering where to get vaccines?

Vaccines may be available at your doctors' office, pharmacy, workplace, community health clinic, health department, or other locations. Check out [vaccinefinder.org](https://www.vaccinefinder.org) to find adult vaccine providers in your area.



#### Other Vaccines

Other vaccines may be needed if you missed early doses from childhood. Speak with your healthcare provider about all the vaccines recommended for you!



#### Does insurance cover vaccines?

Most insurance plans cover recommended vaccines. You can also check with local health departments, and Federally Qualified Health Centers (FQHCs) regarding vaccine affordability.

For more information, please visit:

New Jersey Chronic Disease Indicators  
<https://www.doh.state.nj.us/doh-shad/indicator/CatCSTECDI.html>

Centers for Disease Control and Prevention  
<https://www.cdc.gov/vaccines/adults/rec-vac/health-conditions/heart-disease.html>

National Foundation for Infectious Diseases (NFID). The dangers of flu.  
<https://www.nfid.org/wp-content/uploads/2019/11/Heart-Disease-Fact-Sheet-Final.pdf>

